

KARPAS SPRING 2014 CALENDAR OF EVENTS

1. *Movie Mondays*

Supersize Me – Monday, April 14th:

While examining the influence of the fast food industry, Morgan Spurlock personally explores the consequences on his health while eating only McDonald's food for one month. (100 minutes)

PLANEAT – Monday, May 12th:

Where have we gone wrong? Why has the death rate from heart disease and cancer exploded in recent times? Come and watch the delicious food grown by organic farmers and prepared in the kitchens of world-famous chefs as "PlanEat" brings together the ground-breaking studies of three prominent scientists who have made it their life's work to answer these questions. (71 minutes)

Vanishing of the Bees – Monday, June 2nd:

Honeybees a keystone species vital to sustaining our ecosystem, are mysteriously disappearing across the planet, literally vanishing from their hives. Known as Colony Collapse Disorder, this phenomenon has brought beekeepers to crisis in an industry responsible for producing apples, broccoli, watermelon, onions, cherries, almonds and a hundred other fruits and vegetables. Commercial honeybee operations pollinate crops that provide one out of every three bites of food on our tables. "Vanishing of the Bees" follows commercial beekeepers and explores the struggles they face as they plead their case on Capitol Hill and travel across the Pacific Ocean in the quest to protect their honeybees. (87 minutes)

Time: All movies begin at 5:30pm

Location: **Bernstein Pavilion**

2. *Stay in Shape! Join our Walking Club*

Take a step in the right direction! Meet at the Karpas Health Information Center on Wednesday afternoons for a heart-healthy walk to help you stay fit and keep your week going strong.

Ongoing, Wednesdays

Time: 12:30-1pm

Location: **Karpas Health Information Center**

3. *Meditation*

De-stress and renew your spirit with meditation.

Ongoing, Thursdays

Time: 2-3:30pm

Instructor: Joan Goldstein, author, "The Joy Within: A Beginner's Guide to Meditation" www.JoyOfMeditation.net

Location: **Karpas Health Information Center**

Fee: \$5 per class

4. *Blood Pressure Screening*

Are you concerned about your blood pressure? Join us each month as our health educators check your blood pressure and explain to you what your numbers mean.

Tuesdays, March 11th, April 8th, May 13th, June 10th

Time: 2-3pm

Location: **Karpas Health Information Center**



**** Registration is REQUIRED for ALL events.**

Visit us at www.KarpasHealth.org or call (212) 420-4247 for more information or to register.

Event Locations:

Phillips Ambulatory Care Center:
10 Union Square East at 14th Street
Friedman Conference Center, 2nd Fl

Bernstein Pavilion:
9 Nathan D. Perlman Place
Corner of 16th Street
between 1st and 2nd Avenues
Podell Auditorium, Ground Fl

Karpas Health Information Center:
311 First Avenue at 18th Street

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MARCH

5. The Benefits of Meditation for Everyday Living

Do you ever wonder how meditation is beneficial for you? Meditation is a great way to find a quiet place even in a noisy city. Join Koshin and Chodo, from the New York Zen Center for Contemplative Care, as they explain how you can benefit from meditating and the simple ways it can be done on your own every day.

Wednesday, March 19th, 2-3pm

Instructor: Robert Chodo Campbell, HCC Co-founder of the New York Zen Center for Contemplative Care; Koshin Paley Ellison, MFA, LMSW, ACPE, DMin, Co-Founder and Co-Executive Director of the New York Zen Center for Contemplative Care

Location: [Bernstein Pavilion](#)

6. Management of Varicose Veins and Venous Insufficiency

Varicose veins are the visible symptom of an underlying problem with venous blood flow, referred to as venous insufficiency. Come and hear Eli Halpert, MD discuss the symptoms, treatments and prevention of varicose veins and venous insufficiency.

Tuesday, March 25th, 2-3 pm

Instructor: Eli Halpert, MD, Department of Radiology, Mount Sinai Beth Israel

Location: [Phillips Ambulatory Care Center](#)

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APRIL

7. Hemorrhoids

Hemorrhoids can be a very painful and uncomfortable issue to deal with. Learn from Dr. Melstrom about the symptoms, treatments and prevention options, so that you can find relief.

Thursday, April 3rd, 2:30-3:30pm

Instructor: Kurt A. Melstrom, MD, Department of Colorectal Surgery, Mount Sinai Beth Israel

Location: [Phillips Ambulatory Care Center](#)

8. Allergies, Sinus Infection, or a Cold: Which One Do I Have?

With symptoms such as a runny nose, a cough, and congestion sometimes it is hard to know if you have allergies, a sinus infection, or a cold? Come hear Dr. Tabae discuss information that may help to learn the difference between them all and treat the real problem.

Friday, April 4th, 2:30-3:30pm

Instructor: Abtin Tabae, MD, Director of Rhinology and Endoscopic Sinus Surgery, Department of Otolaryngology, Mount Sinai Beth Israel

Location: [Phillips Ambulatory Care Center](#)



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9. Healthy Living with Chronic Conditions Workshop (SPACE IS LIMITED)

This six-week workshop, co-sponsored by EmblemHealth, will help you develop the skills needed to take control of your chronic condition and live a happier, healthier life. By attending this workshop you will learn to: manage your chronic condition, communicate with your physician more effectively, manage stress, and more.

Wednesdays, April 23rd, April 30th, May 7th, May 14th, May 21st, May 28th

Time: 11-1:30pm

Instructor: EmblemHealth

Location: **Karpas Health Information Center**

MAY

10. Healthy Hearing

It is common to have hearing loss that occurs gradually as you age. Heredity and chronic exposure to loud noises are some of the main factors that contribute to hearing loss over time. Come and hear Tatyana Kennedy discuss common causes, treatment and prevention to hearing loss.

Thursday, May 1st, 1-2pm

Instructor: Tatyana Kennedy, Au.D., CCC-A, New York Eye and Ear Infirmary of Mount Sinai

Location: **Phillips Ambulatory Care Center**



11. Spring Day Tune Up

Have your cholesterol, glucose, and blood pressure checked for FREE and find out your risk factors. Hearing screenings will also be provided along with nutritional counseling and educational materials regarding stroke awareness and prevention.

Wednesday, May 7th, 1-4pm

Instructor: Staff of Karpas Health Information Center, Friedman Diabetes Center, New York Eye and Ear Infirmary of Mount Sinai, The Betty and Morton Yarmon Stroke Program at Mount Sinai Beth Israel

Location: **Phillips Ambulatory Care Center**

12. Healing Power of Laughter

Do you think laughter is contagious? The sound of laughter may be more contagious than a sneeze, cough, or snuffle. Laughter is shared by everyone and helps to bring people together while increasing happiness. Laughter also triggers healthy physical changes in the body that can strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Come and laugh with the Gotham Comedy Foundation as they bring humor to those who need it, one laugh at a time!

Friday, May 16th, 2-3pm

Instructor: Gotham Comedy Foundation

Location: **Phillips Ambulatory Care Center**

Stay Off Smoking Support Group (SOS)
Every Wednesday night from 6-7pm
Phillips Ambulatory Care Center, 2nd Fl
Friedman Conference Center, Conference Rm #2
For more information, please call (212) 844- 1349

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13. Stroke Prevention and Awareness

Although a stroke can happen to anyone, certain risk factors such as high blood pressure and diabetes can increase chances of a stroke. Up to 80 percent of all strokes can be prevented by working with a healthcare professional to manage the risks. Learn all you need to know about the basics of stroke prevention, warning signs and treatment from Amy Walker.

Tuesday, May 20th, 3-4pm

Instructor: Amy Walker, The Betty and Morton Yarmon Stroke Program Coordinator, Mount Sinai Beth Israel

Location: [Phillips Ambulatory Care Center](#)

JUNE

14. Independence and Asking for Help

It may seem simple but accepting help from others can be extremely challenging for all of us at one time or another. It can be especially hard for those who believe looking for help undermines their independence and their ability to cope. Come hear Beatrice Maloney and Liane Bellmann as they explore with you the difficulties and the road blocks in accepting and receiving help as we age.

Tuesday, June 3rd, 2-3pm

Instructor: Liane Bellmann, LCSW, Mount Sinai Beth Israel Medical Center; Beatrice A. Maloney, LCSW-R Supervisor, Geriatric Services, Dept. of Social Work & Home Care, Mount Sinai Beth Israel

Location: [Bernstein Pavilion](#)

15. Healthy Eating and Diabetes

Eating well to maintain a healthy weight is one of the most important things you can do to lower your risk for type 2 diabetes and heart disease, but are you constantly asking yourself, "What can I eat?" Don't worry anymore! Living with diabetes doesn't

have to mean feeling deprived or restricted. Please come hear from Registered Dietitian and Certified Diabetes Educator Shelly Wishnick about what you can eat, how much of it you can consume, and how often you can enjoy it.

Thursday, June 5th, 2:30-3:30pm

Instructor: Shelley Wishnick RD, CDN, CDE, Friedman Diabetes Institute, Mount Sinai Beth Israel

Location: [Phillips Ambulatory Care Center](#)

16. Heart Failure

Heart failure is a condition in which the heart can't pump enough blood to meet the body's needs. The term "heart failure" doesn't mean that your heart has stopped or is about to stop working, however, heart failure is a serious condition that requires medical care. Learn more from Dr. Shinnar about the different types of heart failure, as well as the causes and symptoms of heart failure. He will also touch on treatment options and prevention of heart failure.

Wednesday, June 18th, 2:30-3:30pm

Instructor: Meir Shinnar, M.D., Ph. D., Director of Heart Failure Program, Mount Sinai Beth Israel

Location: [Phillips Ambulatory Care Center](#)

Thank You to Our Gracious Donors!

Karpas Health continues to flourish due to the pioneering spirit, generosity and ongoing leadership of Suzanne Toor Karpas and the late Irving D. Karpas, Jr.

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